## WHAT IS CLAIMED IS:

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- 1. A tantalum film having a nanocrystalline microstructure as characterized by a broad x-ray diffraction peak at  $2\theta = 38^{\circ}$  and continuous electron diffraction rings.
  - 2. The tantalum film of Claim 1, wherein the tantalum is  $\alpha$ -tantalum.
  - 3. The tantalum film of Claim 1, having a resistance of 30-50  $\mu\Omega$  cm.
- 4. The tantalum film of Claim 1, having a net diffusion distance of less than 10 nm after annealing with copper at a temperature between 650°-750°C for 1 hour.
- 5. A tantalum film having a single crystal microstructure as characterized by an x-ray diffraction peak at  $2\theta = 55^{\circ}$  and characteristic (100) spot diffraction pattern.
  - 6. The tantalum film of Claim 5, wherein the tantalum is  $\alpha$ -tantalum.
  - 7. The tantalum film of Claim 5, having a resistance of  $15-30 \mu\Omega$  cm.
- 8. The tantalum film of Claim 5, having a net diffusion distance of less than 10 nm after annealing with copper at a temperature between 650°-750°C for 1 hour.
- 9. A tantalum film having an amorphous microstructure as characterized by a diffuse x-ray diffraction peak at  $2\theta = 30-35^{\circ}$  and a diffuse ring in the electron diffraction pattern.
- 10. The tantalum film of Claim 9, having a resistance of 250-275  $\mu\Omega$  cm.
- 11. The tantalum film of Claim 9, having a net diffusion distance of less than 10 nm after annealing with copper at a temperature between 650°-750°C for 1 hour.
  - 12. A method of forming a tantalum film comprising:
    providing a substrate;
    optionally, preheating the substrate;
    providing a vacuum chamber;

adjusting the deposition parameters, chamber and substrate parameters as necessary to achieve the desired microstructure; and depositing the tantalum film on the substrate in the vacuum chamber at an operating pressure of  $10^{-4} - 10^{-10}$  by a method selected from the group consisting of chemical vapor deposition, thermal evaporation, (accelerated) molecular beam epitaxy, atomic-layer deposition, cathodic arc, laser assisted, metal organic, plasma enhanced, sputtering, ion beam deposition and pulsed laser deposition.

13. The method of Claim 12, wherein the operating pressure is between  $10^{-5} - 10^{-10}$  Torr.

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- 14. The method of Claim 12, wherein the method is pulsed laser deposition or molecular beam epitaxy and the laser is adjusted to an energy density of 2-5 joules/cm<sup>2</sup>.
- 15 The method of Claim 14, wherein said deposition parameter is pulse duration and is adjusted to 10-60 nanoseconds.
  - 16. The method of Claim 14, wherein said deposition parameter is wavelength and is adjusted to 193 to 308 nm.
  - 17. The method of Claim 12, wherein the substrate is preheated to a temperature of between 100° to 200°C and tantalum film has a nanocrystalline microstructure.
    - 18. The method of Claim 17, wherein the operating pressure of the vacuum chamber is  $10^{-7} 10^{-10}$  Torr.
  - 19. The method of Claim 12, wherein the substrate is epitaxially grown and is preheated to a temperature of 600° to 750°C and the tantalum film has a single crystal microstructure.
    - 20. The method of Claim 19, wherein the operating pressure of the vacuum chamber is  $10^{-7} 10^{-10}$  Torr.
- 21. The method of Claim 12, wherein the substrate is 20°-30°C during deposition and the tantalum film has an amorphous microstructure.
  - 22. The method of Claim 21, wherein the operating pressure is  $10^{-5}$   $10^{-7}$  Torr.

- 23. A microelectronic device having a silicon substrate, a tantalum film deposited on the silicon substrate and a copper layer disposed on the tantalum film, wherein the tantalum film has an amorphous microstructure.
- 24. A microelectronic device having a silicon substrate, a tantalum film deposited on the silicon substrate and a copper layer disposed on the tantalum film, wherein the tantalum film has a nanocrystalline microstructure.

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- 25. A microelectronic device having a silicon substrate, a tantalum film deposited on the silicon substrate, and a copper layer disposed on the tantalum film, wherein the tantalum film has a single crystal microstructure.
- 10 26. The device of Claim 25, wherein the device has a buffer layer of TiN or TaN deposited between the silicon substrate and said tantalum film.
  - 27. A method of depositing a tantalum film on a substrate comprising energizing the tantalum; depositing the tantalum on a substrate; and quenching the tantalum to kinetically trap the amorphous form at a temperature that formation of crystalline phase is suppressed.
    - 28. The method of Claim 26, wherein said temperature is 20°-600°C.